



Our Vision for Physical Education at St. Matthew's Primary School

As a whole school, we aim to promote pupils to participate in as much sport as possible including trying out alternative activities. We believe exercise holds many benefits for children such as ensuring they are leading healthy and active lives, helping concentration levels in class as well as developing competence in a range of sports. Physical activity is promoted to all our students, from recreational to competitive and we hope from this that our students are encouraged to remain active throughout their lives.

We understand that PE can;

- Raise their achievement
- Excel in different areas
- Build self-esteem
- Learn to co-operate as a team and display leadership skills
- Experience healthy competition - learn to cope with life's successes and defeats
- To be more responsible for themselves and others
- Develop a healthy lifestyle

Ours Aims and objectives

In line with the Department for Education (DfE), a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

PE and Sports provision at St Matthew's Catholic Primary School

During our PE lessons and through work with other schools the children learn many different skills and participate in a wide range of sports.

| Early Years | Key Stage 1 | Key Stage 2 |
|--------------------|-----------------------|-------------|
| Introduction to PE | Athletics | Athletics |
| Fundamentals | Team building | Hockey |
| Ball skills | Net and wall | Basketball |
| Games | Sending and receiving | Rounders |
| Gymnastics | Invasion | Tennis |
| Dance | Ball skills | Gymnastics |
| | Striking and fielding | Dance |
| | Gymnastics | |
| | Dance | |

Extra-Curricular Activities

We have a range of extra-curricular activities for pupils to participate in afterschool clubs

| After School clubs |
|---|
| Multisport Club including: Hockey Basketball Tag Rugby Football |
| Dance |

Alongside this we participate in tournaments and competitions throughout the year that are arranged by our school networking group, Liverpool Football Club and our feeder schools. All our pupils have various opportunities to take part in adventurous outdoor activities when leaving school for our days out and residential trips.

Corona Virus Update

A dual curriculum approach following the school closure in March 2020 ensured that PE continued to be delivered in a way which reflected the subject's vision and approach to learning.